

# News to Digest

Health tips from your Gastroenterologist...



Digestive  
Health &  
Nutrition

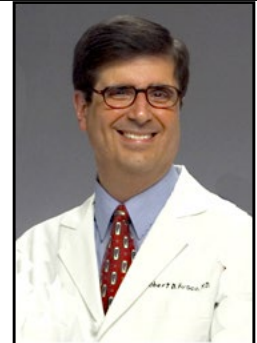
Affiliated with the Three Rivers Endoscopy Center

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## Dr. Fusco's High Fiber Diet

Robert Fusco, MD



### Most Americans Don't Eat Enough Fiber

Most health experts agree that the lack of fiber and bulk in the typical American diet is the major cause of many common digestive ailments such as chronic constipation, hemorrhoids, and diverticular disease. A high fiber diet may help lessen the risk of obesity and Type II Diabetes. As our foods are becoming more highly processed and refined, many Americans are just not getting enough fiber in their diets. Chances are good that you could benefit by increasing your daily fiber intake. In fact, most people in the United States average only 10 to 15 grams of dietary fiber a day. Most dietitians use 25 grams of fiber a day as the minimum benchmark for women, and 30 grams per day for men.

Every day I find patients in our gastroenterology practice who could benefit from more dietary fiber. They often ask me "Dr. Fusco, how do YOU add more fiber to your diet?" Here is what I do...

### My Daily Diet Routine

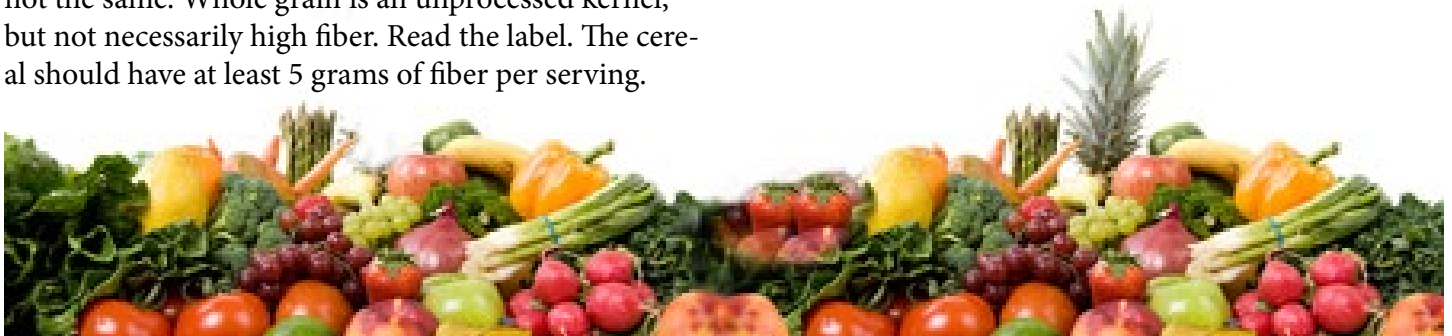
#### 1. I begin the day with a high fiber cereal

There are many so-called "high fiber" cereals out there. Don't confuse "whole grain" with high fiber. They are not the same. Whole grain is an unprocessed kernel, but not necessarily high fiber. Read the label. The cereal should have at least 5 grams of fiber per serving.

My favorite high fiber cereal is Fiber One. Basic Fiber One cereal is not very appetizing. But, I like *Fiber One Raisin Bran* and *Fiber One Honey Clusters* which are more flavorful. You have to let them soak in the milk for a few extra minutes, but they are full of fiber - about 11 - 13 grams of fiber per bowl. I usually add some fresh or canned fruit depending on the season. This adds a few more grams of fiber, allowing me to start my day with 15 grams - half of what I need. for the day.

#### 2. I eat two apples every day

I love all apples - except Red Delicious that look pretty, but are tasteless. I especially like Honey Crisp when they are in season. I know that apples are number one on the Dirty Dozen list of pesticide containing foods, but buying organic apples eliminates that pesticide risk. I usually have two large apples each day - one at lunchtime as I review my charts and one on the drive home before dinner. This adds about another 10 grams of fiber to my diet.



### 3. Have 2 servings of vegetables with dinner

My wife is very conscious about eating healthy and helps me get my daily dose of fruits and vegetables. We usually split a package of frozen vegetables such as Steamfresh at dinner each night - which adds about another 4 grams to my diet.

### 4. My “Magic Fiber Mix” as easy as A, B, C

I will be 71 on my next birthday and have long since joined the “Medicare club”. I have had hemorrhoid surgery, had 17 precancerous colon polyps removed, and have developed a fair amount of diverticulosis. I don’t want any more trouble. I believe what helps me the most is the addition of a daily fiber supplement and stool softener mix that I have been using for some time. It’s a bit of a bother to purchase the three ingredients, but I love our trips to Costco’s. There I purchase a large con-tainer of Metamucil Smooth Texture orange-flavored, Optifiber, and Laxaclear every few months and here’s what I do with them:

**A.** In a large lidded plastic container, I add 1 CUP OF ORANGE-FLAVORED METAMUCIL.



Do not try to save money by buying the generic psyllium powder or store brand of Metamucil. It will taste too gritty. Only use brand name Metamucil Smooth Texture.

**B.** Add 2 CUPS OF COSTCO’S OPTIFIBER. (Brand name : Benefiber) to the Metamucil.



**C.** Add 1 CUP OF COSTCO’S LAXACLEAR. Original brand name: Miralax. CVS brand: Purelax. Walgreen’s: Smoothlax. Sams’s Club: ClearLAX.



Stir and shake this three powder mixture until thoroughly combined. I store this near my kitchen sink in the sealed container. The nice thing about this mixture is that there is no harmful stimulant laxative which can sometimes cause cramps and, if used often, laxative dependency. These products can be taken at this low dose indefinitely without harm to your colon. They are not habit forming.



TWICE EVERY DAY - each morning before breakfast and again each evening before dinner, I take TWO TABLESPOONS OF THIS MIXTURE and add it to 8 ounces of cold water. You must stir it vigorously for about 20 seconds to be sure that all the powder is dissolved. It only takes a few gulps to drink it all down. It tastes like Tang. Not bad! I do this every day and all is well down below.... Bottoms UP!

## Center for Digestive Health & Nutrition

The Center for Digestive Health & Nutrition is a private medical practice in Moon Township, PA with six experienced gastroenterologists and staff that is dedicated to the prevention and treatment of digestive disorders.

Our physicians have been serving the needs of those in Western Pennsylvania and surrounding areas since 1977 with a combined medical staff clinical experience of over 200 years. We have cared for tens of thousands of individuals with digestive problems.

We fully understand the very sensitive nature of digestive illness and realize that each case is unique. Our objective is to consistently deliver high quality personal care in an efficient, private, and patient friendly environment. We are very proud of the care we provide our patients and would be honored to care for you and your family should any digestive issues arise...

For more information, give us a call at 412.262.1000 or access our website at [www.gihealth.com](http://www.gihealth.com).



# Fiber Content of Common Foods

Basically, the term fiber refers to carbohydrates that cannot be digested. Fiber is present in all plants that are eaten for food, including fruits, vegetables, grains, and legumes. Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of obesity, heart disease and diabetes.

<b>Almonds</b> slivered 1 tbsp 0.6 sliced 1/4 cup 2.4	<b>Carrots</b> raw, slivered (4-5 sticks) 1/4 cup 1.7 cooked 1/2 cup 3.4	<b>Greens, cooked</b> 1/2 cup 20 collards, beet greens, dandelion, kale, Swiss chard	<b>Potatoes</b> Idaho, baked 1 sm (6 oz) 4.2 mashed potato (with 1 tbsp milk) 1/2 cup sweet: baked 1 sm (5 oz) 4
<b>Apple</b> raw 1 small 3 raw 1 med 4 raw 1 large 4.5 applesauce 2/3 cup 3.6	<b>Cauliflower</b> raw, chopped 3 tiny buds 1.2 cooked, chopped 7/8 cup 2.3	<b>Lentils</b> brown, raw 1/3 cup 5.5 brown, cooked 2/3 cup 5.5 red, raw 1/2 cup 6.4 red, cooked 1 cup 6.4	<b>Prunes</b> pitted 3 1.9
<b>Apricots</b> raw 1 whole 0.8 dried 2 halves 1.7 canned in syrup 3 halves 2.5	<b>Celery</b> raw 1/4 cup 2 chopped 2 tbsp 1 cooked 1/2 cup 3	<b>Lettuce</b> (Boston, leaf, iceberg) shredded 1 cup 0.8	<b>Radishes</b> 3 5
<b>Artichokes</b> cooked 1 large 4.5 canned hearts 4 or 5 sm 4.5	<b>Cereal</b> All-Bran 3 tbsp 5 Bran Buds 3 tbsp 5 Bran Chex 2/3 cup 5 Bran Flakes, plain 1 cup 5 with raisins 1 cup 6 Cornflakes 3/4 cup 2.6 Cracklin' Bran 1/2 cup 4 oatmeal 3/4 cup 7.7 Nabisco 100% Bran 1/2 cup 4 Puffed wheat 1 cup 3.3 Raisin Bran 1 cup 5 Wheaties 1 cup 2	<b>Macaroni</b> whole wheat, cooked 1 cup 5.7 regular baked 10 oz 2.2	<b>Raspberries, red</b> fresh/frozen 1/2 cup 4.6 Raspberry jam 1 tbsp 1
<b>Asparagus</b> cooked, small spears 1/2 cup 1.7	<b>Cherries</b> sweet, raw 10 1.2 sweet, raw 1/2 cup 1.0*	<b>Muffins</b> English, whole wheat 1 whole 3.7 Bran, whole wheat 2 4.6	<b>Rice</b> white 1/2 cup 2 brown 1/2 cup 5.5 instant 1 serv 0.7
<b>Avocado</b> diced 1/4 cup 1.7 sliced 2 slices 0.9 whole 1/2 avg.size 2.8	<b>Chickpeas (garbanzos)</b> canned 1/2 cup 6 cooked 1 cup 12	<b>Mushrooms</b> raw 5 sm 1.4 sautéed or baked 4 lg 2 canned sliced 1/4 cup 2	<b>Sauerkraut</b> canned 2/3 cup 3.1
<b>Baked beans</b> in sauce (8-oz can) 1 cup 16	<b>Corn (sweet)</b> on cob 1 med ear 5 kernels 1/2 cup 5 cream-style, canned 1/2 cup 5 succotash 1/2 cup 66	<b>Noodles</b> whole wheat egg 1 cup 5.7 spinach whole wheat 1 cup 6	<b>Shredded wheat</b> large biscuit 1 piece 2.2 spoon size 1 cup 4.4
<b>Banana</b> whole 1 med 8" 3	<b>Crackers</b> graham 2 1.4 Ry-Krisp 3 2.3 Triscuits 2 2 Wheat Thins 6 2.2	<b>Onion</b> raw 1 tbsp 0.2 cooked 1/2 cup 1.5 instant minced 1 tbsp 0.3 green, raw (scallion) 1/4 cup 0.8	<b>Spaghetti</b> whole wheat, plain 1 cup 5.6 with meat sauce 1 cup 5.6 with tomato sauce 1 cup 6
<b>Beans</b> black, cooked 1 cup 19.4 Great Northern 1 cup 16 kidney beans, canned or 1/2 cup 9.7 cooked 1 cup 19.4	<b>Cucumber, raw</b> unpeeled 10 thin slices 0.7	<b>Orange</b> 1 lg 70 1 sm 35	<b>Squash</b> summer (yellow) 1/2 cup 2 winter 1/2 cup 3.5
<b>Beets</b> cooked, sliced 1/2 cup 2.5 whole 3 sm. 3.7	<b>Dates, pitted</b> 2 39	<b>Peach</b> raw 1 med 2.3 canned in light syrup 2 halves 1.4	<b>Zucchini</b> raw or cooked 1/2 cup 3
<b>Blackberries</b> raw, no sugar 1/2 cup 4.4 canned, in juice pack 1/2 cup 5 jam, with seeds 1 tbsp 0.7	<b>Eggplant</b> baked with tomatoes 2 thick slices 4	<b>Peanut butter</b> 1 tbsp 86	<b>Strawberries</b> 1 cup 3
<b>Bread</b> Boston brown 2 slices 4.0 cracked wheat 2 slices 3.6 high-bran bread 2 slices 7.0 white 2 slices 1.9 dark rye (whole grain) 2 5.8* slices 5.8* pumpnickel 2 slices 4 seven-grain 2 slices 6.5 whole wheat 2 slices 6 whole wheat raisin 2 slices 6.5	<b>Endive, raw</b> salad 10 leaves 0.6	<b>Peanuts</b> dry roasted 1 tbsp 1.1	<b>Sunflower</b> kernels 1 tbsp 0.5 Sweet pickle relish 1 tbsp 0.5
<b>Broccoli</b> raw 1/2 cup 4 frozen 4 spears 5 fresh, cooked 3/4 cup 7	<b>Figs</b> dried 3 10.5 fresh 1 2	<b>Pear</b> 1 med 88	<b>Tomatoes</b> raw 1 sm. 1.4 canned 1/2 cup 1 sauce 1/2 cup 0.5
<b>Brussel sprouts</b> cooked 3/4 cup 3 1 cup 9.6	<b>Grapefruit</b> 1/2 3	<b>Peas</b> green, fresh or frozen 1/2 cup 9.1 black-eyed 1/2 cup 8 split peas, dried 1/2 cup 6.7 cooked 1 cup 13.4	<b>Walnuts</b> shelled, chopped 1 tbsp 1.1
<b>Cabbage, white or red</b> raw 1/2 cup 1.5 cooked 2/3 cup 3	<b>Grapes</b> white 20 1 red or black 15-20 1	<b>Peas and carrots</b> frozen 1/2 pkg(5 oz) 6	<b>Watermelon</b> 1 thick slice 68
	<b>Green (snap) beans</b> fresh or frozen 1/2 cup 2.1	<b>Peppers</b> green sweet, raw 2 tbsp 0.3 green sweet, cooked 1/2 cup 1.2 red sweet (pimento) 2 tbsp 1 red chili, fresh 1 tbsp 1.2 dried, crushed 1 tsp 1.2	<b>Yams</b> (orange fleshed sweet potato) cooked or baked 1 med (6oz) 6.8
		<b>Pineapple</b> fresh, cubed 1/2 cup 0.8 canned 1 cup 0.8	